

Foster Parent Connections - February 18, 2022

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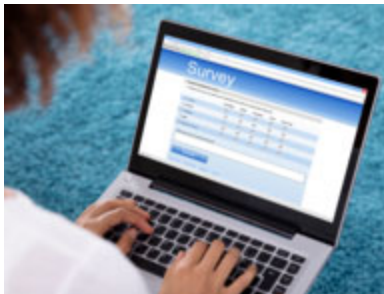
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February 18, 2022

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Announcements



Be on the lookout in a few weeks for the Foster Parent Survey that will be sent out in this newsletter.

The survey will take approximately 15 minutes of your time. We greatly appreciate any time you can take to provide feedback on how we are doing, and serving you as foster parents. We actively use your feedback to improve our delivery and provide you with the best possible service.

Training & Events

Kinship Training

This class will be held via Zoom on Saturday March 12 from 9:00am to 5:00pm with a break for lunch. You must attend the entire session to receive credit.

You can RSVP by contacting Kim Gisburne at kgisburne@ccstl.org or 314-854-5733.

Strengthening Families Program

Kansas Serves Native American Families (KSNAF) is now offering their Strengthening Families Program (SFP) to families across Missouri with a virtual platform.

The SFP's next cycle will begin February 28, with 2 opportunities for a meet and greet the weeks before that. This is a 7 week program and groups will meet on Monday and Thursday

evenings from 6:00 - 7:30pm.

Additionally, the program is seeking a few more Native American families with children ages 6-11 that can help provide the needed technology and equipment to other participating families who need it to ensure that everyone can be connected from the comfort of their home.

You can register for the program on the [KSNAF](https://www.kснаf.com) website or contact Michael Steddum at msteddum@kvc.org or **913-956-5394** if you have any questions.

More Virtual Training Opportunities

Family-to-Family (8 week class, offered in 2 different sessions of your choice)

- **Session 1: Feb 21 - Apr 11 on Monday evenings from 6:30-9 p.m. ([Register](#))**
- **Session 2: Feb 23 - Apr 14 on Wednesday evenings from 6-8:30 p.m ([Register](#))**

NAMI Family-to-Family is a free, 8-session educational program for family, significant others and friends of people with mental health conditions. It is a designated evidenced-based program. This means that research shows that the program significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition. NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussions and interactive exercises.

Tips & Reminders



Remember that you can use Respite Services when you are needing some self-care. Respite care is an important part of the foster, adoptive, or kinship care experience as it offers Resource Parents a short period away, which ultimately gives them and the children in their home time apart to rest and recharge.

Respite care allows one family to temporarily care for another family's foster child, or child they have adopted. It can reduce stress, family tensions, depression or isolation, disruptions/dissolutions, and the risk of abuse or neglect.

If you are in need of respite, please call your Licensing Worker or Case Manager for assistance.

Memos/Practice Alerts

There have been no practice alerts or memos for Resource Licensing since the last newsletter.



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